



ISC BENNETT CUP

November 8-10, 2019



*Hosted by Island Swimming Club
November 8-10, 2019
Saanich Commonwealth Pool
Victoria, BC*

Age Groups:

- 12&U; 13&14; 15&O

Timed Final Events:

- 50m Back, Breast, Fly
- 800m & 1500m Free
- 400m IM & Free
- Relay events

Prelims/Final Events:

- 50m, 100m, 200m Free
- 100m & 200m Back, Breast, Fly
- 200m IM

Qualification Requirements:

- Minimum time standards for events follow the 2018-2019 VIR time standards. See link [here](#).



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Sanctioned by SWIM BC: 34599

DATE: Nov. 8 - 10, 2019
HOST: Island Swimming Club
MEET REFEREE: Leon Politano
VENUE: Saanich Commonwealth Place
4636 Elk Lake Dr, Victoria, BC

Two 25-meter, 8-lane pools.
A portion of the dive tank will be available for warm-up/cool-down.

CLUB CONTACTS:

- **Head Coach:** Dave Tontini
Dave.Tontini@islandswimming.com
- **Meet Managers:** Georgina Craig & Brian Bikadi
meetmanager@islandswimming.com
- **Officials Coordinators:** Darci Greenfield & Alison Koropatniski
officials@islandswimming.com
- **Meet Administrator:** Diana Shields
meetadmin@islandswimming.com

ELIGIBILITY:

1. All swimmers must be registered properly with Swimming Canada/Swim BC, or other FINA-affiliated organization.
2. Age group is determined by the age of the swimmer as of November 8, 2019.
3. Qualifying time standards for events follow the 2018-2019 VIR time standards. [Find standards here.](#)
4. Any event that does not have a qualifying time standard can be swum by any swimmer who qualifies for any other event in the meet.
5. Island Swimming reserves the right to enter ISC swimmers into events regardless of qualifying times.
6. Meet management reserves the right to limit the number of heats in any event to maintain reasonable timelines.

MEET RULES:

1. All Swimming Canada rules will be in effect.
2. All starts will be conducted from starting platforms (Blocks) as per FINA FR2.3 and SW 4.1
3. Swimming Canada warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
4. Age Groups for all events (including Relays): 12&U, 13-14, 15&O.
5. Current Swimming Canada swimsuit rule will be in effect.
6. Technical bulletins and updates will be posted at Clerk of Course.
7. Parents are not permitted on deck unless volunteering for that session.
8. **ALL photographers** must have applied for and received permission from meet management prior to

start of meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for the clubs use only. Requests for photographers can be sent to Meet Manager. Flash photography will not be permitted at the start of each race.

9. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
10. Teams are expected to keep their respective areas clean, including at the conclusion of each session.
11. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

ENTRY INFORMATION:

1. Fees will be \$8.50 per individual event and \$11.00 per relay event.
2. There will be an additional \$9.00 surcharge for each swimmer which includes the \$5.00 SCP Facility Enhancement fee plus a \$4.00 BC Provincial Team Splash fee.
3. **Entry deadline is November 1 at Noon.**
4. **Scratch deadline is November 3** (no refunds past this date unless with medical note).
5. All scratches and changes to entries must be emailed to meetadmin@islandswimming.com
6. Entry fees are due by the beginning of the meet to the Clerk of Course by cheque made payable to Island Swimming Club or by credit card payment.
7. Swimmers may enter a maximum of 8 individual events.
8. The total number of swimmers attending the meet will be limited to 550 swimmers to ensure reasonable session lengths.
9. Management reserves the right to limit the number of heats in any event to maintain reasonable timelines and teams will be notified if entries cannot be accepted after the entry deadline.
10. All entries must have an SCM entry time for seeding purposes. Converted times will be accepted. NT entries will not be accepted.
11. Entries with entry times must be submitted through the Swimming Canada website by the entry deadline. American teams should upload their entry files through this same process using the "Out of Country" option in the Province drop down list, entry times must be SCY times only.
12. DECK ENTRIES may be accepted at the discretion of meet management to fill empty lanes but no new heats will be created.
13. Deck entries will be charged \$20.00 per event and must be paid to the Clerk of Course at the time of entry. Deck entered swimmers will only be allowed to compete with "Exhibition" status and will not advance to Finals.
14. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.



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Swim BC Scratch Policy ([Swim BC Technical Guide, page 15](#)).

3. The initial scratch deadline for events with Finals is **30 minutes after the conclusion of the prelim session in which the event is swum** (excluding time final events).
4. The final scratch deadline for final events will be 30 minutes after the start of warm up of the session in which the event is being swum. Scratches after the final scratch deadline are subject to a \$20 fine.

Individual Events:

1. All events having preliminary heats will be swum senior seeded, slowest to fastest in Preliminaries. Fastest 3 heats will be circle seeded. Finals for these events will be swum by age group.
2. For events with finals, a "B" final will be offered for events with more than 24 entries (per age group). A finals will swim first.
3. 1500m Free, 800m Free, 400m IM, 400m Free, 50m Back, 50m Breast, 50m Fly and relays will be swum as timed final events.
4. Excluding the 800 & 1500 Free, events without finals will be swim senior seeded slowest to fastest.
5. Backstroke ledges will only be used during Final Sessions.

800 and 1500 Free

1. The 1500m and 800m Free will be swum senior seeded, fastest to slowest
2. All swimmers may choose either the 800, or the 1500m event and cannot enter both.
3. Meet management reserves the right to limit entries for both the 800m Free and the 1500m Free to the fastest swimmers (by age and gender). The top 8 entrants in these events from each age/gender group (12&U, 13-14, 15&O) are guaranteed entry (the event will still be swum senior seeded, fastest to slowest).
4. Once all entries are known, meet management will notify any teams by email of any swimmers who do not qualify to swim these events and these swimmers will be allowed to enter an alternate event.
5. Results will be separated into age groups.
6. Meet Management reserves the right to double lane both the 800 and 1500 Free.
7. Positive Check-in by 9:00am on the day of the event is required for the 800m Free and the 1500m Free events.

Relay Events

1. All relay events are Timed Finals
2. Teams may enter as many relay groups per event as they wish. Meet management may restrict the number of relays entered per team in order to maintain appropriate session timelines however a minimum of three relay teams (regardless of age) will be allowed for each team for each relay event.
3. Names and all relay changes must be submitted to the Clerk of Course no later than 30 minutes after the start of warm up for the session in which that relay will be swum.

SCRATCHES:

1. All scratches and changes to entries must be emailed to meetadmin@islandswimming.ca before the scratch deadline in order to be eligible for a refund. Scratches and changes received after this date will be subject to regular meet fees.
2. Late scratches, no shows, step downs, and unexcused incomplete swims and the associated penalties and/or fines will be in accordance with the

AWARDS AND PRIZES:

AWARDS

1. 1st -3rd place finishers will automatically be entered into a prize draw. 1st= 3 tickets, 2nd = 2 tickets and 3rd = 1. There will be one female and one male prize package drawn during the final session on Sunday.
2. The Randy Bennett Memorial Awards for top female and male FINA points in the 400 IMs will be presented prior to the start of the 400 Free on Sunday.
3. Bell ringer heats will occur randomly throughout the morning sessions.

Schedule of Events

Friday November 8: Session #1		
Warm Up:	8:00 AM – 8:50 AM	
Start:	9:00 AM – 1:30PM	
Girls	Event	Boys
1	200 Back (Prelim)	2
3	100 Fly (Prelim)	4
5	200 IM (Prelim)	6
7	100 Free (Prelim)	8
9	200 Breast (Prelim)	10
11	800m Free (TF)	12

Friday November 8: Session #2 - Finals		
Warm Up:	4:00 – 4:50 PM	
Start:	5:00 PM – 8:00PM	
Girls	Event	Boys
13	4 x 50 Free Relay (TF)	14
1	200 Back (F)	2
3	100 Fly (F)	4
5	200 IM (F)	6
7	100 Free (F)	8
9	200 Breast (F)	10

Saturday November 9: Session #3		
Warm Up:	8:00 AM – 8:50 AM	
Start:	9:00 AM – 1:30 PM	
Girls	Event	Boys
15	100 Back (Prelim)	16
17	200 Free (Prelim)	18
19	100 Breast (Prelim)	20
21	200 Fly (Prelim)	22
23	50 Free (Prelim)	24
25	1500 Free (TF)	26

Saturday November 9: Session #4 – Finals		
Warm Up:	4:00 PM – 4:50 PM	
Start:	4:55 PM – 8:00 PM	
Girls	Event	Boys
27	4 x 50 Medley Relay (TF)	28
15	100 Back (F)	16
17	200 Free (F)	18
19	100 Breast (F)	20
21	200 Fly (F)	22
23	50 Free (F)	24

Sunday November 10: Session #5 TIMED FINALS		
Warm Up:	8:00 AM - 8:50 AM	
Start:	9:00 AM – 1:00 PM	
Girls	Event	Boys
29	4 x 50 Mixed Medley Relay (TF)	30
31	50 Fly (TF)	32
33	400 IM (TF)	34
35	50 Back (TF)	36
37	50 Breast (TF)	38
39	400 Free(TF)	40



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PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving

headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager. In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups

where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

September 26, 2016